

Healthy People

National Glaucoma Awareness Month

Is it time to have your eyes “seen”?

January is Glaucoma Awareness Month. Glaucoma is the leading cause of preventable blindness, so if you haven't had an eye exam recently, now is a good time to make an appointment for a check up. Glaucoma has no symptoms so it's almost impossible to know (or suspect) that you have it. The only way to know for sure is to have a professional eye exam.

What the heck is Glaucoma, anyway?

Good question! Glaucoma is a disease that causes gradual blindness due to damage caused by pressure to the optic nerve. The optic nerve carries images from the eye to the brain. It's sort of like an HDMI cable right in your head!

Fast facts

- With glaucoma, peripheral vision is where the loss begins. That's why people often lose a significant amount of sight before they even know they have it.
- There is no cure, and lost vision can't be regained. The good news is that with medication, and possibly surgery, it is possible to stop further loss of vision.
- It is estimated that over 2 million Americans have glaucoma but only half of them know it. Get tested.

Who's at risk?

Anyone can develop glaucoma, but there are a few groups at higher risk, including:

- People of African, Asian, and Hispanic descent.
- Those over 60 years old
- Family members of people already diagnosed with glaucoma
- Diabetics
- People who are severely nearsighted.

What should you do?

The best thing to do is have regular dilated eye exams. The eye doctor will check for glaucoma, and if you have it begin treatment immediately.



Remember, treatment can stop vision loss. What are you waiting for? Get those peeps checked!